

Helping Children Develop Self-Confidence

Children can feel lonely and different because of their skin color, their home language, or the food they bring for lunch. This beautifully illustrated book depicts children who feel different in finding the courage to connect with others. *The Day You Begin* is a story that will empower children who feel different to open themselves to others and share their stories.

CORE SKILL OBJECTIVES	INTENTIONAL TEACHING PRACTICES	
RELATE 	Children will:	Teachers will:
	<ul style="list-style-type: none"> Explore social risk taking 	<ul style="list-style-type: none"> Acknowledge effort Narrate self-confidence

TEACHING TIP

To have the confidence to explore and take risks, children need to feel emotionally safe and connected to others. When children feel different from their peers (e.g., skin color, language, culture), they may need extra time and support to feel emotionally safe. As a teacher, you can support these children by intentionally providing them with opportunities to “use some space” (i.e., open themselves to others and share their stories) and connect with you and their peers in meaningful ways.

1. INTRODUCE

- “Today we’re going to read a story about children who felt a little bit different than their peers but were brave to join in and meet new friends!”

2. READ THE BOOK

- Pause occasionally to (1) acknowledge the children’s efforts to connect with others, despite them feeling different and/or lonely and (2) narrate children’s feelings of accomplishment after connecting with others.

Acknowledge Effort and Narrate Self-Confidence 		
<p>Read: “...the lunch your mother pack for you is too strange or too unfamiliar...”</p> <p>Connect: “Look at her face (point to illustration) and how all her peers are looking at her (point to illustration). She feels very different from her classmates. Have you ever felt different?”</p>	<p>Read: “My name is Angelina, and I spent the whole summer...”</p> <p>Acknowledge: “Angelina wasn’t sure that things would go well when she shared her story. But she found courage and tried it! She was brave!”</p> <p>Ask: “Do you think it was easy or difficult for Angelina to speak up? Why?”</p>	<p>Read: “This is the day you begin to find your places inside...”</p> <p>Acknowledge: “After sharing her story, now Rigoberto and Angelina are playing together. Angelina might be really proud that she found the courage to speak and made a new friend.”</p>

3. REVIEW

- “When you feel different, it can be hard to share your opinions or ideas with others. But when you find the courage to do it, you are connecting with others. Maybe like Angelina, you will meet new friends!”

4. KEEP IT GOING

- Provide children with opportunities to connect with others in the classroom. For instance, you could use activity cards that focus on embracing similarities and differences (e.g., [Whatchamacallit](#), [Favorite Things](#)). In these instances, make sure to intentionally highlight the moments of connection for the children in your classroom who may feel different for a variety of reasons (e.g., skin color, language, culture, disability). For example: “Both of you like soccer, we should do a soccer match the next time we go outdoors!”